

PATIENT INFORMATION LEAFLET

SCHEDULING STATUS: S0

NUTRIPURE ADULT PROBIOTICS GUMMIES

Bifidobacterium Infantis; Lactobacillus rhamnosus; Nicotinamide (Niacin); Calcium d-pantothenate (Pantothenic acid); Pyridoxine hydrochloride (Vitamin B6)

Contains sugar: Glucose syrup (0,90 g); Sucrose (0,71 g)

Complementary Medicine

D 34.12 Multiple substance formulation

This unregistered medicine has not been evaluated by the SAHPRA for its quality, safety or intended use.

Read all of this leaflet carefully because it contains important information for you

NUTRIPURE ADULT PROBIOTICS is available without a doctor's prescription, for you to treat a mild illness. Nevertheless, you still need to use NUTRIPURE ADULT PROBIOTICS carefully to get the best results from it.

- Keep this leaflet. You may need to read it again.
- Do not share NUTRIPURE ADULT PROBIOTICS with any other person.
- Ask your health care provider or pharmacist if you need more information or advice.
- You must see a doctor if your symptoms worsen or do not improve.

What is in this leaflet

1. What NUTRIPURE ADULT PROBIOTICS is and what it is used for
2. What you need to know before you take NUTRIPURE ADULT PROBIOTICS
3. How to take NUTRIPURE ADULT PROBIOTICS
4. Possible side effects
5. How to store NUTRIPURE ADULT PROBIOTICS
6. Contents of the pack and other information

1. What NUTRIPURE ADULT PROBIOTICS is and what it is used for

NUTRIPURE ADULT PROBIOTICS is a health supplement containing probiotics, vitamins and minerals. When ingested on a regular basis, probiotics should improve or normalize the microbial balance in the human intestines and thereby improve the functioning of the digestive tract/gut.

2. What you need to know before you take NUTRIPURE ADULT PROBIOTICS

Do not take NUTRIPURE ADULT PROBIOTICS:

- if you are hypersensitive (allergic) to any of the ingredients of NUTRIPURE ADULT PROBIOTICS (listed in section 6);
- to children.

Warnings and precautions

Take special care with NUTRIPURE ADULT PROBIOTICS:

- if you are pregnant or breastfeeding as safety has not been established for NUTRIPURE ADULT PROBIOTICS;
- if you suffer from any serious health conditions or illnesses such as diabetes mellitus, cancer or HIV/AIDs;
- if you have a weakened immune system;
- if you have a short bowel syndrome.

NUTRIPURE ADULT PROBIOTICS contains glucose syrup and sucrose which may have an effect on the control of your blood sugar if you have diabetes mellitus.

If you have been told by your doctor that you have an intolerance to some sugars, contact your doctor before taking NUTRIPURE ADULT PROBIOTICS.

Other medicines and NUTRIPURE ADULT PROBIOTICS

Always tell your health care provider if you are taking any other medicine. (This includes all complementary or traditional medicines.)

ANTIBIOTICS: There is concern that concomitant use of certain antibiotics might decrease the effectiveness of some probiotics. If you are taking any antibiotics, separate intake of antibiotics and NUTRIPURE ADULT PROBIOTICS by at least 2 hours.

ALCOHOL (impaired liver function): Using alcohol and niacin together might increase the risk of flushing and liver toxicity.

ANTICOAGULANT OR ANTIPLATELET MEDICINES (medicines that prevent blood clots): Niacin may have additive effects when used with anticoagulant or antiplatelet medicines.

ANTIHYPERTENSIVE MEDICINES (medicines used for high blood pressure): Niacin may increase the risk of hypotension (low blood pressure) when used with antihypertensive medicines.

PHENYTOIN (antiepileptic medicines): If you are taking phenytoin avoid high doses of vitamin B6.

PHENOBARBITAL (antiepileptic medicines): If you are taking phenobarbital avoid high doses of vitamin B6.

ANTICOAGULANT/ANTIPLATELET HERBS AND SUPPLEMENTS: Niacin may increase the risk of bleeding in some patients.

NUTRIPURE ADULT PROBIOTICS with food and drink

Avoid taking with hot drinks: Niacin-induced flushing and itching might be increased if niacin is taken with a hot drink.

Pregnancy, breastfeeding and fertility

If you are pregnant or breastfeeding, think you may be pregnant or are planning to have a baby, please consult your doctor, pharmacist or other health care provider for advice before using this medicine. Safety in pregnancy and when breastfeeding has not been established for NUTRIPURE ADULT PROBIOTICS.

The effect of this medicine on fertility is not known.

Driving and using machines

It is not always possible to predict to what extent NUTRIPURE ADULT PROBIOTICS may interfere with the daily activities of a patient. Patients should ensure that they do not engage in the above activities until they are aware of the measure to which NUTRIPURE ADULT PROBIOTICS affects them.

NUTRIPURE ADULT PROBIOTICS contains:

Glucose syrup and sucrose.

3. How to use NUTRIPURE ADULT PROBIOTICS

Do not share medicines prescribed for you with any other person.

Always use NUTRIPURE ADULT PROBIOTICS exactly as described in this leaflet or as your doctor or pharmacist has told you. Check with your doctor or pharmacist if you are not sure.

Adults: Take one (1) to two (2) gummies daily.
Take the chewable gummies orally.
Do not take on an empty stomach. It is best to be taken with a meal.

If you use more NUTRIPURE ADULT PROBIOTICS than you should

In the event of overdosage, consult your doctor or pharmacist. If neither is available, contact the nearest hospital or poison centre.

In overdose, the onset of side effects can be sudden and/or be more severe. If this happens, stop using NUTRIPURE ADULT PROBIOTICS and tell your doctor immediately or go to the casualty department at your nearest hospital.

If you forget to take NUTRIPURE ADULT PROBIOTICS

Do not take a double dose to make up for forgotten individual doses.

4. Possible side effects

NUTRIPURE ADULT PROBIOTICS can have side effects.

Not all side effects reported for NUTRIPURE ADULT PROBIOTICS are included in this leaflet. Should your general health worsen or if you experience any untoward effects while using NUTRIPURE ADULT PROBIOTICS, please consult your health care provider for advice.

Tell your doctor if you notice any of the following:

- bloating,
- flatulence,
- gastrointestinal discomfort,
- belching,
- abdominal pain,
- diarrhea,
- flushing,
- elevated liver enzymes.

If you notice any side effects not mentioned in this leaflet, please inform your doctor or pharmacist.

Reporting of side effects

If you get side effects, talk to your doctor or pharmacist. You can also report side effects to SAHPRA via the “**6.04 Adverse Drug Reaction Reporting Form**”, found online under SAHPRA’s publications: <https://www.sahpra.org.za/Publications/Index/8> . By reporting side effects, you can help provide more information on the safety of NUTRIPURE ADULT PROBIOTICS.

5. How to store NUTRIPURE ADULT PROBIOTICS

Store all medicines out of reach of children.

Store at or below 25 °C in a cool and dry place.

Do not use after the expiry date stated on the container.

Return all unused medicine to your pharmacist.

Do not dispose of unused medicine in drains or sewerage systems (e.g. toilets).

6. Contents of the pack and other information

What NUTRIPURE ADULT PROBIOTICS contains

The active substances are:

<i>Bifidobacterium Infantis</i>	1 x 10 ⁹ CFU
<i>Lactobacillus rhamnosus</i>	1 x 10 ⁹ CFU
Nicotinamide (Niacin)	16 mg
Calcium d-pantothenate (Pantothenic acid)	6,0 mg
Pyridoxine hydrochloride (Vitamin B6)	1,4 mg

Contains sugar: Glucose syrup (0,90 g); Sucrose (0,71 g)

The other ingredients are anthocyanines E-163, carnauba wax, citric acid, glucose syrup, maltodextrin, pectin, redberries aroma (flavouring), sucrose, sodium citrate, water, vegetable oil.

What NUTRIPURE ADULT PROBIOTICS looks like and contents of the pack

NUTRIPURE ADULT PROBIOTICS is a grape-shaped red gummy, with a redberry taste and odour, filled into a white, shiny plastic bottle with a green cap and silver induction liner containing 60 gummies.

MDI Healthcare cc
NutriPure Adult Probiotics
Multiple substances (gummies)

Holder of Certificate of Registration

South Africa:

MDI Healthcare cc
P.O. Box 35259, Menlopark
Pretoria
0102

Marketed by:

NutriPure Healthcare
P.O. Box 16645,
Vlaeberg,
8018,
Cape Town.

This leaflet was last revised in

April 2023.

Registration number

To be allocated.

Access to the corresponding Professional Information

For more information: www.nutripure.co.za

A varied diet is the most effective and safe way to achieve good nutrition, health, body composition as well as mental and physical performance.